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CITY PAGES

A GALACTIC
RECEIVING STATION
OPENS IN
GRAND MARAIS



NORDIC ALIENS *on the North Shore*

FOOD Artisan grains, pastry gains p. 17

THEATER *The Hobbit* at CTC p. 25

MUSIC Mark Mallman's good mood music p. 29

The Godfather



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March 27-April 2, 2019
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THE SHORTLIST



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THE STAT SHEET:

\$11 million

What Enbridge spent last year
lobbying the Minnesota government,
more than any other company

7

Number of consecutive years of
declining enrollment at Minnesota
State Colleges and Universities

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Annual pay for Ecolab
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Increase in Minnesota's homeless
population since 2015

**“For \$200,000 more
they could have gotten their
son into the University of
Southern California.”**

Reader Andrew Dresbach responds to
“Otis Mays, fake lawyer, charged with
terrorism swindle, making child porn,” at
citypages.com.

WAR ON WALLETS

FOR THOSE WHO SAY we can't afford
public health care, cheaper college, or
the Green New Deal, one stat lays waste
to their arguments. Since 2001, America
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Some of that went to fighting actual
terrorists, of course. But most went to
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unwinnable war in Afghanistan. The bill
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So the next time someone tells you we
simply can't afford to have nice things,
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**MOST 'INTOLERANT'
PEOPLE**, says data

9 of our **FAVORITE BARS IN
DOWNTOWN** Minneapolis

ATTENTION STONERS: Hennepin
County won't prosecute weed
cases under 100 grams

Minneapolis **MAN SUING
JACOB WOHL** for allegedly using
his photo in fake Twitter threat

THE MEAN STREETS OF BRAINERD

Crow Wing County commissioner not particularly concerned if drug addicts die

Crow Wing County, a north-central land of 64,000 people, has a problem. In the past few years, thanks to the growing abundance and mind-blowing cheapness of meth, drug use has been on the rise.

In 2014, the sheriff's department handled 82 drug-related cases. Four years later, that had shot up to 204. About 80 percent of the county's imprisoned residents are there because of drugs, alcohol, or committing crimes in order to buy drugs or alcohol.

Last week, the Crow Wing County Board sat down in Brainerd's historic courthouse to hash out solutions. It's a grim subject. In 2018, emergency services responded to 60 overdoses, according to Sheriff's Lt. Andy Galles.

Upon hearing the stats, Crow Wing County Commissioner Paul Koering had this to say:

"I don't know why we're in such a big hurry to save somebody like this," Koering declared, according to the Brainerd Dispatch. "I guess it sounds kind of harsh, but it kind of gets rid of a problem, in my mind."

County Administrator Tim Houle was quick to jump in. "I think what Commissioner Koering is meaning to say is that when looking for allocation of resources, we should consider the best way to preserve life and maintain the quality of life in CWC simultaneously," he said in what can only be described as a very loose translation of the original statement.

(Koering declined to comment on the incident, and Houle didn't respond to interview requests.)

In the meantime, plenty of other people have responded via the Dispatch's Facebook page.

"Can you imagine the lack of empathy you'd have to have for another human

being to think this way?" one asked.

"I guess the whole 'pro-life' thing only counts for people you deem personally worthy, huh Paul?" asked another.

"Hey Paul Koering!" another chimed in. "EVERY LIFE IS WORTH SAVING!"

But others agreed with the commissioner. One went as far as to suggest legalizing "all drugs" and letting "the problem

"sort itself out." Remarks of "survival of the fittest" and "you can't help people who won't help themselves" peppered the thread.

Koering is a lifelong Crow Wing resident and spent eight years as a Republi-



STATE OF MINNESOTA

can state senator. Part of his appeal is his political experience, and part of it is his business acumen. He just happens to be the owner of two liquor stores: Baxter Liquor Mart in Baxter, and North East Liquor in Brainerd. —HANNAH JONES

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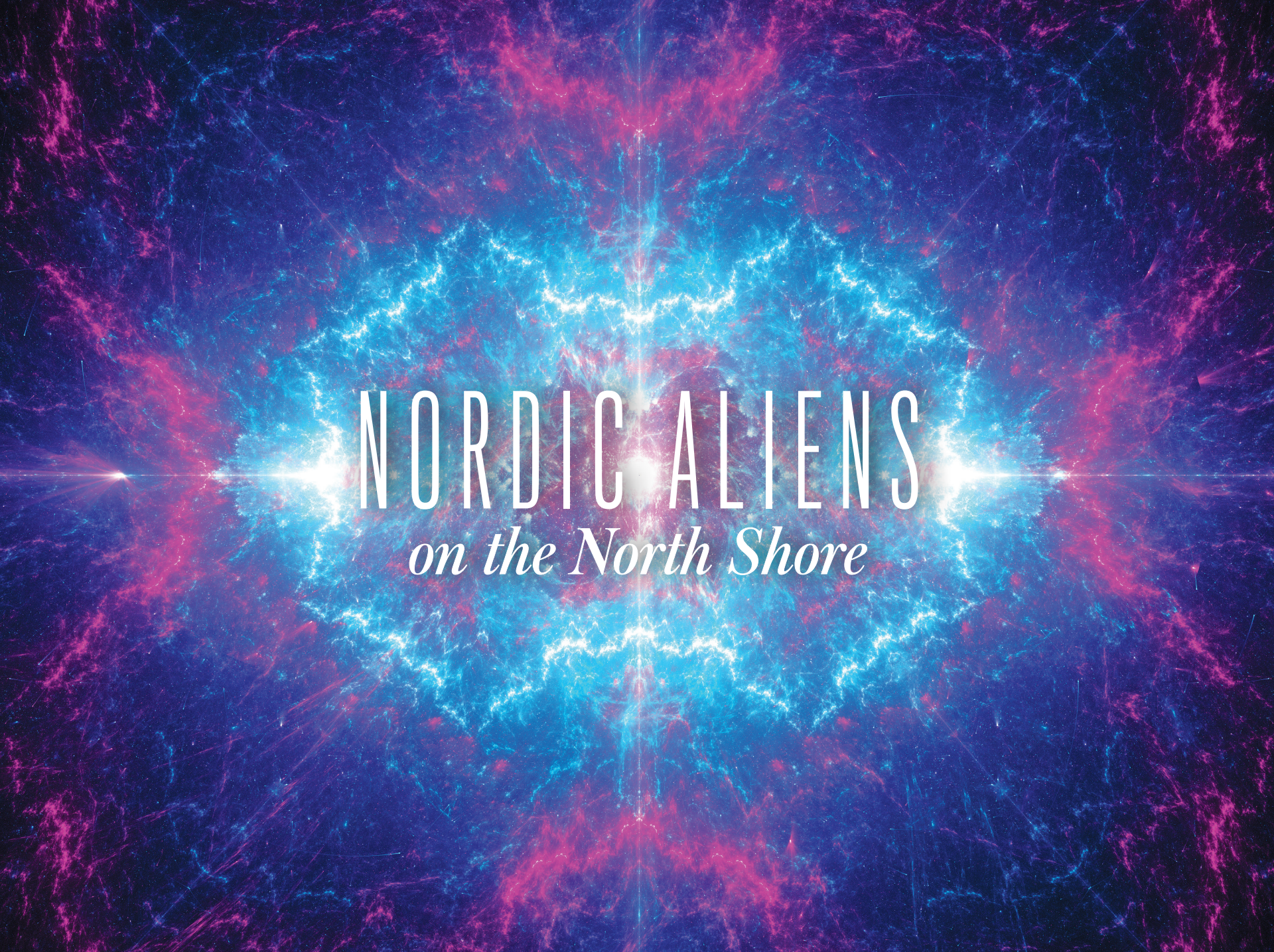
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NORDIC ALIENS

on the North Shore

A GALACTIC RECEIVING STATION OPENS IN GRAND MARAIS

I. A SLICE OF PARADISE

For 15 years, Kristen Sobanja has lived in a secluded house in the woods off Highway 61 in Grand Marais. Stalwart pines flank the gravel path to the front door. Her backyard is a rocky shore overlooking Lake Superior's white immensity. The center of "America's Coolest Small Town" is but a short drive away.

North Shore summers aren't long, but they are sweet. Sobanja and her sister spent those precious months last year tending their garden and staining the deck, where

they'd watch for eagles and play board games.

One day a howl rang out from the house next door. It was a low, full-throated bellow so loud she could hear it over the television. Somebody's being killed, Sobanja thought with a start, rushing to the window.

She found a train of cars parked in the neighbor's yard. Down on the beach, a large assembly of people were crying, chanting, and hugging trees.

The neighbor was Christine Day, a motivational speaker who moved to the neighborhood in 2013. The women never

got to know each other, as tentative plans to get together for a glass of wine always fell through. Day was polite but somewhat brusque, giving the impression of forever rushing off somewhere to attend to more

important matters. She spent three-quarters of the year away, teaching self-improvement classes around the world.

If they'd struck up a conversation, Sobanja might have learned that Day called herself the "Pleiadian Ambassador," and that her work involved channeling the energy of Nordic aliens from distant stars. Last summer, Day booked five weekend

retreats for groups of 50 to commune with extraterrestrials inside galactic portals constructed on her property. Each person was charged \$450 to partake.

"I do believe in life other than on earth, so that aspect doesn't bother me at all," Sobanja says.

But tipped, overflowing garbage cans do. Beeping cars, wailing as early as 6 a.m., and the traffic of dozens of people on the boat path ruined her solitude. Their residential district wasn't zoned for business.

And then there was the more baffling transgression: Day had neglected to inform her human neighbors about the imminent arrival of aliens—and their adherents.

By **SUSAN DU**

SKYWAY THEATRE

UPCOMING SHOWS

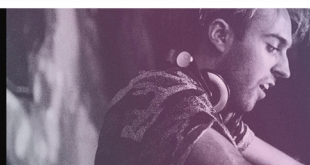
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MAR
28



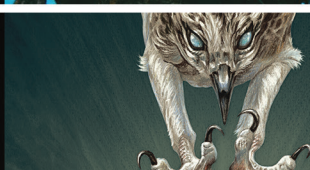
T-PAIN
W/ ABBY JASMINE

MAR
29



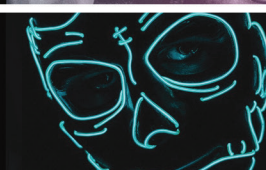
LUCA LUSH
W/ LOCAL SUPPORT

MAR
29



**BARONESS
& DEAFHEAVEN**

MAR
30



ZOMBOY
W/ SPACE LACES & MORE

MAR
28

TRIPZY LEARY
W/ LOCAL SUPPORT



MAR
31

**MILKK
& THE ORPHAN THE POET**



APR
04

POGMAN
W/ CHIME



APR
05

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APR
06

**HYPOCRISY
& FLESHGOD APOCALYPSE**



APR
06

RAVE OF THRONES
FT. DJ HODOR



APR
07

LIL MOSEY
W/ LIL TJAY & MORE



APR
07

CALLING ALL CAPTAINS
W/ SUPPORT TBA



APR
09

**CROWN THE EMPIRE
& WE CAME AS ROMANS**



APR
10

NOBLE BODIES
W/ LOCAL SUPPORT



APR
11

**NATIONAL PARKS
& WILD**



APR
11

HATCHA
W/ LOCAL SUPPORT



APR
12

MALAA
W/ MATRODA



APR
13

PLAID HAWAII
W/ LWKY W/ JAILBREAK



APR
13

TISOKI
W/ LOCAL SUPPORT



APR
14

ELECTRIC WIZARD
W/ SUPPORT TBA



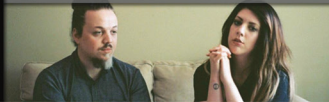
APR
14

DABABY
HOSTED BY BUDDY VEGAS



APR
18

ECHOS
W/ LOCAL SUPPORT



APR
18

BLOODTHINNERZ
W/ LOCAL SUPPORT



APR
26

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II. VISIONS ON THE GUNFLINT TRAIL

Christine Day is an energetic 65, with a smooth face, sharp violet eyes, and a shock of silver hair cropped short, which gives her a monochromatic, slightly futuristic look. She speaks in gently coursing tones with a soft accent courtesy of her native Australia.

Two decades ago, Day traveled to California and lived at Mt. Shasta, a volcano near the Oregon border so striking that people have conferred spiritual meaning on it for centuries. A sacred site for Native American tribes turned New Age tourism hotspot, it's now a mecca for believers in Bigfoot, the Abominable Snowman, and UFOs.

Day studied healing touch—the homeopathic concept of transferring wellness

three acres of land beside Lake Superior. It happened to be for sale.

With spaceships allegedly in attendance, Day set about arranging large stone circles on the beach. She describes a transmission of light emerging from beneath Lake Superior as the portals with the circles opened, activating what she calls one of Earth's most powerful receiving stations for alien entry.

But what eventually emerged was a purely utilitarian business model.

Pleiadian teachings aren't religious, but rather a for-profit spiritual service. Students come in search of guidance on how to live in this time, which is "pretty intense," Day explains. They pay thousands for online coursework, seminars, and immersive retreats in Grand Marais. Families with children as young as 10,

"I do believe in life other than that on Earth, so that aspect doesn't bother me at all."

energy from one person to another through laying hands—before becoming a shaman and leading vision quests.

One day she encountered a spaceship while walking in an open meadow, Day says. Nordic aliens emerged, telepathically bestowing universal truths meant to help humans attain a higher state of self-awareness.

She claims descent from these Nordic aliens, a.k.a. Pleiadians, who are tall, blond, and beautiful. They've existed in popular culture since the 1950s as benevolent visitors who hail from the Pleiades, a brightly burning clutch of stars in the constellation of Taurus. Day is one author among many who writes books about them, and considers herself a conduit.

In her telling, Pleiadians have cultivated humanity's progress since the dawn of time, building the Egyptian pyramids, and transmitting teachings to indigenous civilizations worldwide. Minnesota's Native Americans inherited their star knowledge from Nordic alien astronauts, she says.

"A lot of the Native people say only Natives can do these ceremonies, but the Pleiadians would say it was important that the pure teachings went out." She describes Native practices as "broken down" derivatives of Pleiadian tradition, "twisted" by the erosion of time.

In 2013, Day spent 10 days holed up in a remote cabin on Minnesota's Gunflint Trail, working on her second book. Once it was done, she says, Pleiadians guided her out of the wilderness and down a long driveway to an unkempt house on

groups of girlfriends, and people of all ages are drawn through her website and word-of-mouth.

Of course there's money, she says, qualifying that although she isn't attached to profit, business happens to be robust.

III. COOK COUNTY DEBATES ALIEN DETERMINATION

Kristen Sobanja wasn't the only neighbor who took issue with all of this.

On Day's other side is a vacation rental owned by Kevin Butcher, an Edina realtor who hopes to retire to Grand Marais. His industry newsletters are full of statistics about land uses that diminish property values by proximity, such as funeral homes, hospitals, and churches.

No one's studied galactic portals before, but he doesn't want to have to disclose any supernatural entity to potential buyers someday.

Artist Jan Attridge, who lives up the road, believes Pleiadians pose a spiritual invasion. She's an astrology enthusiast and a self-professed "empath" proficient in Day's lexicon of energy modalities and frequencies.

She can't hear the retreats from where she lives, but she says she can feel the energy emanating from Day's interdimensional depot, which rattles hard against Grand Marais' sheer bluffs, giving her migraines.

"Does this high-frequency grounding point involve those of us who are living

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APR 22



Delvon
Lamarr
Organ Trio
Soul Groove Jazz

APR 24



Jearlyn
Steele
"This Is Me"

APR 25

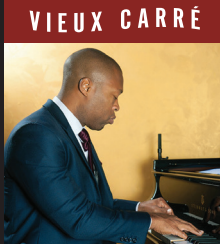


The James
Hunter Six
Daptone Records
British Soul

APR 27



Richard
Johnson
Plays Dave Brubeck's
Time Out
APR 26
Plays *West Side Story*
APR 27



VIEUX CARRÉ

Arturo
Sandoval
Blistering Trumpet
Superstar

APR 28



Kevin
Eubanks
Group
Tonight Show Fame
to Six-String Acclaim

APR 29



Hot Club Of
Cowtown

MAY 1



VIEUX CARRÉ

The Steel
Wheels
Raw Appalachian
Roots

MAY 7



Keiko Matsui
Free-Spirited
Contemporary Jazz

MAY 9



Thornetta
Davis
Queen of Detroit
Blues

MAY 11



Della Mae
EP Release Show
All-Women
Americana All-Stars

MAY 12



Lizz Wright
Divinely Layered
Soul & Jazz

MAY 15



David
Bromberg
Quintet
Six String Superman

MAY 16-17



Patty &
Ricky
Peterson
feat. Paul Peterson
& Sean Turner

MAY 18



Joan
Osborne
Sings the Songs
of Bob Dylan

MAY 21-22



Matt Wilson
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Beloved Local Artist

MAY 24



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Bishop's Big
Fun Trio
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MAY 28



Jenny and the
Mexicats
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MAY 30



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MAIK THOMAS

close by?” she asks. “It is one thing to have a fancy self-definition, but another to be a member of the community where one lives. Clearly, a situation in regards to galactic travel such as this needs to be approved of first by Cook County and its inhabitants.”

Like most places, there’s some wiggle room in the county’s zoning code. Even in residential neighborhoods, cottage businesses are allowed as long they’re consistent with rural life. And if anyone expected Day to have a less than astute grasp of local government, they were proven wrong.

Near the end of last summer’s peak tourism season, she requested a five-year permit to facilitate close encounters on her property.

Her students—wealthy people with disposable income—would lodge in town and take their meals in local restaurants, Day pointed out.

The argument resonated with the county planning commission, which granted her a probationary permit to renew her retreats this summer. In the meantime, she would need to soundproof her gathering spaces and show she could be respectful of neighbors.

For Day, who’s dedicated her life to helping people enlist in a galactic community, this meant she would have to make an effort to coexist with her neighbors on Earth.

IV. MYSTERIES OF THE ARROWHEAD

Cook County has a longstanding reputation for free thought. Its government center, Grand Marais, is home to artists and conservationists who value the freedom to live as they see fit, to detach from the material constructs of urban life, and

The Pleiades is a cluster of more than a thousand stars, observed throughout human history.

be immersed in an unmolested state of nature.

Rainbow flags fly atop churches and roadside taverns. A Scandinavian majority elected John Lyght, Minnesota’s only African American sheriff, with 97 percent of the vote back in 1974.

Each summer weekend, a caravan of cars strapped with canoes jams I-35 north. Visitors find that sensitivity to the paranormal is hardly required to discern the staggering gravitas of the area’s boreal landscape. Many express their appreciation by littering the beaches of Lake Superior with cairns.

At a Caribou coffee shop in Minneapolis, where she owns another house, Day envisions having the neighbors over for tea and a tour once she returns to Grand Marais this spring. There’s hostility, she says, because despite the small town’s liberal reputation, certain anonymous people exaggerate, and some churchgoers are prejudiced.

Nevertheless, she’s certain that Grand Marais is the most pristine place the Pleiadians have ever taken her. The energy is incomparable due to its ancient bedrock and distance from urban clutter, she says. “It’s very superior in its purity and its clarity.”

Her claims aren’t totally unfounded. Minnesota’s oldest, densest bedrock is located in the state’s northern reaches, says Minnesota Geological Survey’s Mark Jirsa. A billion years ago, that’s where magma swelled forth from the earth’s molten mantle as the North American continent split. Along Superior’s agate-strewn shores, the terrain is a rugged expanse of exposed rock with thin soils, where trees grow straight out of boulders.

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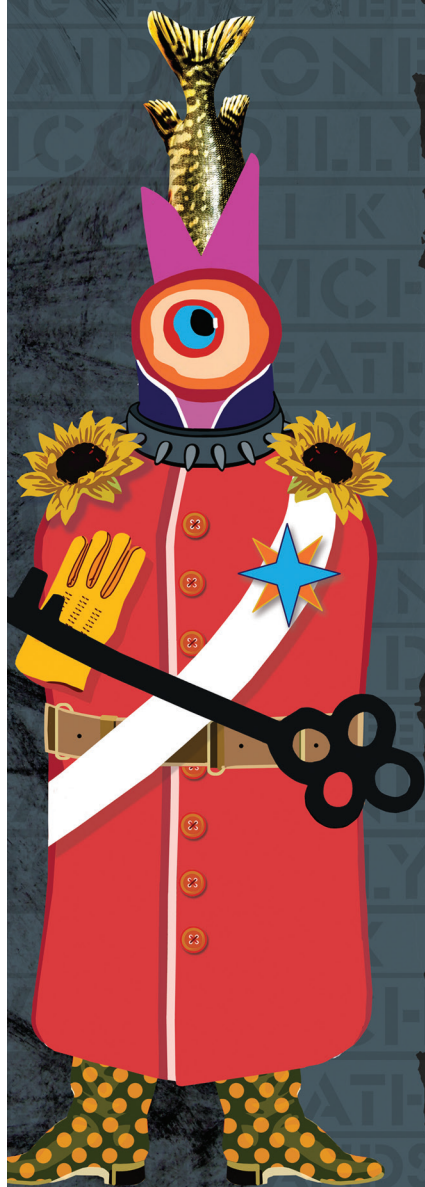
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From Duluth to Grand Marais, the Federal Aviation Administration warns pilots of a significant magnetic anomaly of 18 degrees, caused by magnetite-rich iron deposits. Pioneering surveyors attempting to partition the state into a neat grid were foiled by northern Minnesota's penchant for throwing compasses off course. Early maps show seven-sided parcels where there should have been squares.

In the Superior National Forest stands the "Magnetic Rock," an enigmatic black monolith with the aspect ratio of a tombstone. And at the end of the Gunflint Trail, scientists have found extremely rare traces

ering the miraculous elements of better-established faiths.

"If any one of them had a problem with me running chainsaws, I hope to god they would just come and talk to me," Skildum says of their neighbors. "People circumvented the age-old tradition of knocking on their neighbor's door and going, 'Hey, that's pretty loud.' And that to me is just way weirder of behavior than any sort of belief system."

While he's no extraterrestrial enthusiast, Skildum says he too has seen inexplicable lights in the sky above the wilderness, across the lake.

"People go to these paranormal sites to have a sort of spiritual experience with the land, or to connect with something beyond themselves."

of another extraterrestrial visitor—the Sudbury meteor strike in Canada, which was the world's third largest.

The darkest skies east of the Rocky Mountains can also be found in the Arrowhead, and the Pleiades cluster does feature in creation tales of the Dakota.

But while Day ascribes the link between Native Americans and modern-day Pleadians to alien primacy, tribes don't mince their words when it comes to outside revision of hard-fought traditions.

In 1993, some 500 tribal representatives declared war on "non-Indian wannabes, hucksters, cultists, commercial profiteers, and self-styled New Age shamans" blending Native spirituality into a "pseudo-religious hodge-podge."

V. THE NORTH SHORE'S UFO MAGNETISM

Christine Day's neighbor across Highway 61 is Chris Skildum, who knows her better than most. When Day arrived in 2013, he put a new roof on her house and remodeled a pole barn into a heated meditation room.

They had a brief chat about the healing power of crystals. He gathered that she made her living as a mystic. Such beliefs weren't necessarily out of place in Grand Marais. She seemed both intelligent and sincere, with a pragmatist's ability to digest construction plans.

"I was like, 'Yeah, sure, that sounds cool,'" Skildum recalls. "That makes sense. Go get it."

He didn't realize Day channeled aliens until it was revealed in the Cook County News Herald. But he was unfazed, consid-

Brian Larsen, editor of the News Herald and town crier for more than 30 years, is willing to entertain the idea that Grand Marais might be some kind of alien hotspot. Most people who've lived in Grand Marais long enough have seen UFOs, he explains.

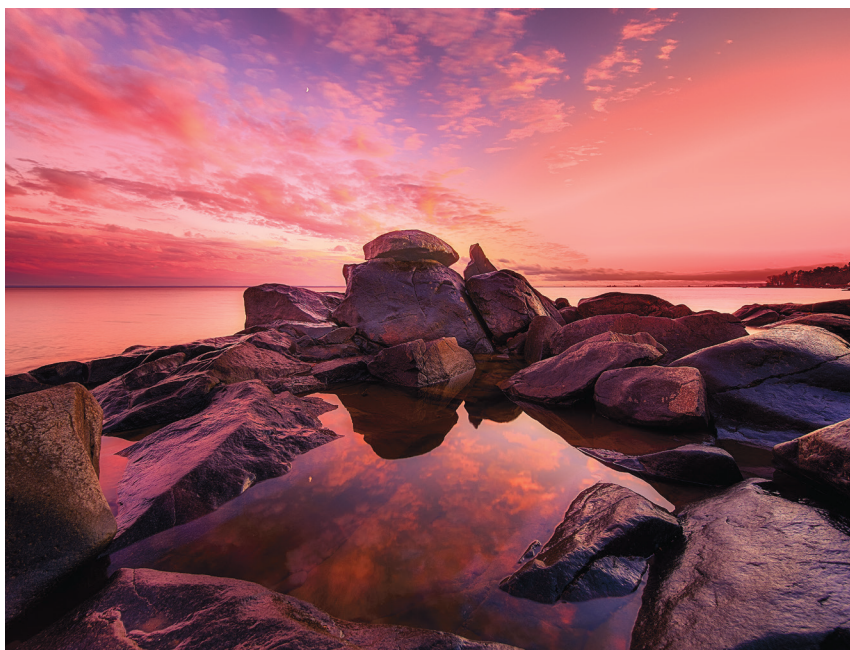
"And when you see them and they fly in straight lines and they go as fast as you can see... I'm not saying they're from outer space, but when you're 17 and you're on a skating rink and you've got 50 people all looking at the same thing, you're going, 'Ahh.'"

Larsen recalls that in 1982, a St. Paul couple spent a month-long UFO vigil parked at the bank of Loon Lake, near the end of the Gunflint Trail. As snowfall intensified, they refused to evacuate without further instruction from higher powers. One froze to death. Her partner crawled a quarter-mile through the woods before coming across hunters.

This was America's most famous UFO-related casualty, aside from the 39 members of the Heaven's Gate cult who killed themselves on the heels of the 1997 Hale-Bopp comet in order to board a tailgating spaceship.

People report so many strange lights around the country—ball lightning, mountaintop glows, and luminous earthquake ephemera—that geologist and media watchdog Sharon A. Hill runs the website Spooky Geology, dedicated to chronicling them.

These phenomena lack satisfying explanations because it's difficult to study bursts of light in the sky, she says. And while many flying contraptions could be mistaken for something paranormal, uncertainty gives ufologists an excuse to present their speculations as legitimate



LIKE HE

science to people who may not know the difference.

Government-run programs scour the atmosphere for advanced aerospace technology, and scientists listen for electromagnetic radiation in deep space. Despite these efforts, there's a deafening paucity of evidence for the humanoid aliens of ufologists' yearnings.

Conspiracy seems to be the main thread connecting ufology, flat earth, and other doctrines that rank evidence behind individual perception, Hill says. "It's all leading into these anti-authoritarian ideas of, 'I'm going to experience it in order to see if it's true.'"

"People go to these paranormal sites to have this sort of special spiritual experience with the land, or just to connect with something beyond themselves. It feels like there's something missing in our society these days that makes people want to reach out for things like that."

VI. WAITING FOR UTOPIA

In the dead of winter, icy winds snarl Lake Superior, lifting fog off the surface of the water like smoke from a cauldron.

At a cabin in the woods, artist Jan Attridge receives friends on a snowed-in Saturday morning. Outside the windchill is 35 below, but the sun soaking through a lattice of window-climbing vines is warm. A Maine Coon scratches its reflection bouncing from a glass.

"I mean, we're trying to find another place to live, another planet, because they're ruining this one," muses Caroline Severeid, who lives up the Gunflint Trail. "But I'm not sure anyone would want to come here."

These days the whole town feels tense, Attridge explains.

Rocks in the Arrowhead are rich in magnetite, which makes them magnetic.

To the west, sulfide ore mining proposals overshadow the Boundary Waters. The Department of Transportation wants to tear a 10-foot trench through Highway 61, Grand Marais' artery to the rest of the world, for a two-year reconstruction project. Everyone knows someone in the Forest Service who was furloughed during the government shutdown. Raving polemics over national policy have even infiltrated the YMCA sauna.

In January, Seth Jeffs, a leader of a polygamist sect charged with forcing children into marriage, was exposed in Grand Marais, where he'd quietly purchased 40 acres to build a 6,000-square-foot compound. Permits were approved before anyone realized who he was. Townspeople can only hope a lawsuit alleging Jeffs aided in the ritual sex abuse of girls will interrupt his plans.

It's a strange flavor for a place people visit in summer just to lie down on the rocks near Coast Guard Point, listen to the waves coming in, and think of nothing.

Both Severeid and Attridge grew up Catholic, and quip that they'll spend the rest of their lives recovering. It forms the basis of their wariness of Christine Day.

Joanne Wakefield of Eagan, a clinical scientist retired from United Hospital, is a Day student. She knows the idea of Pleiadian patronage sounds strange.

But 20 years ago, when her teenage daughter suffered from mystifying headaches, Wakefield turned to Day's healing touch course. It seemed to produce results. She didn't dwell on the fact that these practices were supposed to be alien in nature, and has followed Day ever since.

"I mean, you still try to put that on the backburner and not think about it. I'm still

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MARCIN WOJCIECHOWSKI

in a process, like recently I've realized I still need to open up to my connection with the Pleiadians, my spirituality, and just that aspect of me that probably has a Pleiadian base."

She chuckles. "It's interesting. It's not like I'm really out there."

Wakefield was also raised Catholic, distanced herself until she had kids, then became disillusioned when the church covered up child abuse. She found solace in Pleiadian teachings, learning to hold space for herself within a lifetime of caring for others and to say "No."

Others don't understand why she should take so many courses and then fly to Israel for more. Her son tolerates her beliefs, but prefers she not work any energies on him. A neighbor with whom she plays tennis recoiled at the offer of healing touch.

"It's more experiential I guess, that I've done this and it's affected me this way, and I've seen these results," Wakefield explains. "The work I've done with Christine and the Pleiadians has just helped me to become a more balanced, stronger person."

In ufology, there's a prevailing mythology surrounding Nordic aliens, other famous races like Greys and Reptilians, and their dramatic entanglements. It can be a busy network of contradictory ideas.

Far-right conspiracy theorists such as British lecturer David Icke and American radio host Alex Jones promulgate the idea that the world is run by a cabal of Lizard People in human skin, deceiving humanity about vaccines, global warming, and the Holocaust. Reptilians have also been accused of running a child trafficking ring out of the basement of a D.C. pizza parlor.

Bedfellows like these pose a tricky dilemma. Day believes contactees who preach about evil extraterrestrials have been led astray by fear.


Each winter Grand Marais hosts the Dark Sky Festival to celebrate the Northern Lights.

Instead, her cosmology is that of a cohesive and consensual universe. Pleiadians honor humans' free will, seeking permission to provide assistance. Day says Greys abducted people until a galactic federation outlawed it 10 years ago. Reptilians may have warred with the Pleiadians in the past, but that strife is over.

Day will resettle on the North Shore in April, shortly before groups arrive for six fully booked retreats spanning May through August. That doesn't leave much time to parlay with neighbors, but she hopes they'll be pleased with several concessions. Groups have been halved to 25. Business hours are set from 9 a.m. to 4 p.m. A soundproofing wall will be built alongside the meditation room.

She'd like to assure more spiritually attuned neighbors that the galactic receiving station is bounded by two portals located within her property, and a third moored about a mile into Lake Superior. It doesn't encroach on anyone else's land.

The experiment in Grand Marais has been a welcome opportunity to learn about human government and relationships, Day says. But she doesn't feel compelled to assimilate in other ways, such as joining the business council or the YMCA. There's too much work to be done.

"I haven't been confronted, but when we go back in April, I might be," Day says. "I'm not threatened by that, and I'm not threatened by other people's opinions or what they might consider me to be, because I don't have anything to prove. So it makes it very easy and very simple, you know." 

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BY BETH DOOLEY

Ask pastry chef Emily Marks of the Bachelor Farmer for the secret to her croissants, and she'll point to Baker's Field's mill, blocks from her North Loop ovens.

Just down the street, Spoon and Stable chef Christopher Nye rolls Baker's Field Bolles wheat flour into his seasonal pasta dishes. "It has the right percentage of proteins for our pasta dough and tastes better than commercial durum wheat."

"Fresh" and "flavor" are not concepts typically associated with flour.

But more and more, local millers, bakers, chefs, and farmers are rising up in a battle against spongy bread and tasteless pasta—and you can join their ranks. Slice into Baker's Field Flour and Bread's tangy, naturally leavened miche, or Sun Street Breads' nubby, dense Emmer wheat Vollkornbrot loaf. Who can resist Gigi's golden biscuits, crafted from heritage wheat milled by Sunrise Flour Mill?

At a time when headlines about climate are grim, artisan grains are a key to growing a delicious and vibrant local food system. Rye, oats, barley, heritage wheat varieties, and buckwheat are grains that once covered the land before soy and corn became king. These grains provide continuous cover to retain topsoil, stem erosion, replenish soil nutrients, nurture wildlife, protect pollinators, and capture carbon. Tiny but mighty, they are our first line of defense against climate change.

But that's not the primary reason they're the grains and flours Kim Bartmann prefers for her nine restaurants.

"Flavor is our priority," Bartmann says. "The ecological services that heritage grains provide are critical to our decision, but really, Turkey Red wheat from Sunrise Flour Mill performs beautifully in baked goods."

"The bread dough of freshly milled heritage wheat is very responsive," says Darrold Glanville, who co-founded Sunrise Flour Mill with his wife, Marty. "It springs up as it hits the oven's heat, and the loaves rise evenly and develop beautiful, firm crusts."

Bakers call that "bounce."

The quest for health got the Glanvilles into the milling business. Suspecting that commercial wheat was causing health issues, Darrold began milling heritage wheat to bake his own bread, and soon, his chronic pain and digestive ailments disappeared. By sharing their story at their Mill City Farmers Market booth

In Twin Cities restaurants, artisan grain use is going up

Bachelor Farmer baked goods are made with flour milled mere blocks away.



LUCY HAWTHORNE

and teaching baking classes, the couple are creating a community of home bakers and chefs. Red Wagon Pizza, I Nonni, Luci Ancora, the Bartmann Group restaurants, and Sun Street Breads are among their best customers.

The toasty scent of freshly ground Turkey Red flour perfumes Baker's Field Flour and Bread as the mill grinds 900 pounds of organic wheat each day. The wheat varieties are identified on Baker's Field's bags of flour and loaves of bread. A Baker's Field farmer, Ben Penner, says, "I farm wheat organically for my kids and their kids; it's the best way to care for the land. My Ukrainian ancestors planted Turkey Red when they settled in this region."

(Turkey Red, a tall, burnished variety, inspired the amber waves of grain line in "America the Beautiful," and its sheaves were minted on the backs of pennies until the late 1950s.)

The question of commercial viability is often used to discredit the practice of growing artisan grains. Corporate farmers are invested in the equipment and chemicals to grow commercial wheat. Is it unrealistic to expect them to plant sustainable, healthier, more flavorful grains?

"Yes," answers Dr. Don Wyse, University of Minnesota plant geneticist and force behind University of Minnesota's Forever Green Initiative. "The responsibility of a land-grant institution is to address the key

issues of our time—the most pressing being the environmental crisis and climate change related to industrial farming practices. Farmers are running a business, and if we expect them to grow food that is good for us and for the planet, we have to provide them with a profitable alternative."

That's why Wyse, with Wes Jackson of the Land Institute (a nonprofit ag research group in Salina, Kansas), has been developing perennial crops such as Kernza. Kernza is an intermediate wheat grass with a robust root system. It grows well organically and produces grain every year as well as forage for livestock.

"Perennial crops increase the productivity and profitability of a farm, creating new economic opportunities while enhancing our environment," says Jacob Jungers, a

"The bread dough of freshly milled heritage wheat is very responsive."

University of Minnesota ecologist. Pioneering organic wheat farmer Carmen Fernholz from Madison, Minnesota, agrees. "Kernza is a game changer," he says.

"Kernza flour reminds me of rye," says chef Marshall Paulson, of Birchwood Cafe in Minneapolis. "It's dark, slightly grassy, with notes of molasses." Paulson tosses the cooked grain into waffles, pancakes, and grain salads, and he bakes the flour into crackers and tortillas. Last summer, Birchwood Cafe created wildly popular Kernza-focaccia BLTs for the Farmers Union Café at the State Fair.

Buckwheat, rye, and Kernza star in Dumpling & Strand's award-winning prepackaged pastas, too. At the company, there's a shared belief that the food you buy on shelves should be made in a way that supports healthy farmlands and fields. But again, here, co-founder Jeff Casper creates pasta with sustainable, and often local, grains because of taste.

"Our noodles are not a blank canvas or carrier for other foods; they're equal partners on the plate," Casper says. "Take our buckwheat soba noodles; they're different from soba noodles made with imported Japanese buckwheat. We want people to appreciate the particular flavors of this particular place." **GF**

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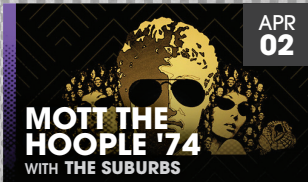
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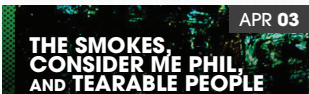
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W/ SHAFFER JONES

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W/ COREY MEDINA & BROTHERS
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Comedian Jake Johannsen spent much of 2018 on a massive world tour featuring for Russell Peters. It was a great gig: He got to travel the globe and do a tight 20 minutes in front of a global superstar. "I talked about family, relationships, and kids," he explains, "things that are pretty universal." The tour also offered him the chance to do something new: perform in his wife's homeland, New Zealand. As much fun as that tour was, though, he's happy to be back in the U.S. headlining

his own shows. "It's funny because Russell, before the tour started, said, 'I'm going to spoil you on this tour.'" Indeed he did, as they traveled first class and stayed at top hotels. "But I like being back and being able to do my own sets where I'm the headliner and the show is about me connecting with my fans or whoever shows up and talking about my perspective on things that are interesting to me." In addition to touring, Johannsen also hosts the podcast *Jake This*. "It's not on the national radar," he notes, "but it's out there." 8 p.m. Wednesday through Saturday; 10:30 p.m. Friday and Saturday. \$15-\$18. 708 N. First St., Minneapolis; 612-338-6393. **Through Saturday —P.F. WILSON**

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CLAYTOPIA

VARIOUS LOCATIONS

This week, the National Council on Education for the Ceramic Arts will be in town for a celebration of all the crazy, practical, and innovative things artists can do with clay. While the actual conference at the Minneapolis Convention Center may be a little too specialized for regular folks, this also means that a variety of galleries and spaces in Minneapolis and St. Paul (and beyond) will be hosting some phenomenal shows featuring clay art. On Friday, Gamut Gallery will host a reception for five ceramic artists creating wild-looking pieces of art. The

California Building will host a handful of shows; works include coffee cups, tiles, and subversive pieces from the Rat Trap Clay Club. Schmidt Artist Lofts will also have multiple receptions, with works including stoneware, abstract statements, and functional kitchenware. Squirrel Haus Arts will host several exhibitions, including a performance where artists create clay utopias only to destroy them in front of you. Other happenings include open studios, receptions at beer halls, dog-friendly gatherings, and more, with the bulk of the parties taking place on Friday night. Find the complete schedule at nceca.net. **Through Saturday —JESSICA ARMBRUSTER**

CONTINUED ON PAGE 20 ►

Ballet Preljocaj returns with a new piece.



JEAN CLAUDE CARBONNE

CONTINUED FROM WEDNESDAY ►

COMEDY

JAMIE LISSOW

RICK BRONSON'S HOUSE OF COMEDY

Jamie Lissow is one comedian who doesn't have to adjust to Minnesota's chilly climate. That's because he splits his time between Los Angeles and Fairbanks, Alaska, after a recent divorce. "It was totally mutual," he says. "Me and her and the guy she was sleeping with, we all decided." Onstage, he talks about that and other things happening in his life. While not a blue comedian, he can dirty it up if he has to. He recalls a college gig a few years ago: "There's always a student who is in charge," he says. "This girl comes up and says, 'I'm Kathy,' and adds, 'This is a great place for comedy, but one weird thing about our school is we'd like you to be really dirty.' I'm like, 'Okay.'" Lissow took the stage and dropped multiple F bombs. "After the show, the faculty advisor says, 'Great show, but I've got to say you were a lot dirtier than when we saw you at the NACA conference.'" Lissow explained about the young woman who told him to swear a lot and pointed her out. "The advisor said, 'I have no idea who that is.'" 7:30 p.m. Wednesday through Friday; 9:45 p.m. Friday; 7 and 9:30 p.m. Saturday; 7 p.m. Sunday. \$16-\$23. 408 E. Broadway, Mall of America, Bloomington; 952-858-8558. **Through Sunday —P.F. WILSON**

THURSDAY 3.28

ART/GALLERY

FORM WILL FIND ITS WAY

KATHERINE E. NASH GALLERY

With the National Council on Education for the Ceramic Arts' annual conference, Claytopia, underway, ceramics exhibitions abound at galleries throughout the Twin Cities. This one deserves special attention. That's partly because it includes five international artists radically extending the boundaries of ceramics as an art form, while also introducing other disciplines in intersection with pottery—not only painting and sculpture, but also installation art, photography, and film. The results deconstruct preconceived ideas about such traditional categories as art and craft. There will be a public reception from 5 to 9 p.m. Thursday, March 28. Free. 405 21st Ave. S., Minneapolis; 612-624-6518. **Through March 30 —CAMILLE LEFEVRE**

FRIDAY 3.29

FILM

MINNEAPOLIS HITCHCOCK FESTIVAL

VARIOUS LOCATIONS

The annual Minneapolis Hitchcock Festival demonstrates how the director's exquisitely composed films still have the power to beguile viewers with

heart-pounding journeys into the darkest corners of the imagination. Drawing attention to some of Hitch's lesser-seen work, the festival offers *The Pleasure Garden* (1925), the director's auspicious debut involving the ordeals of two aspiring chorus girls; *The 39 Steps* (1935), the prototypical tale of a wrongly accused man on the run, and *The Lady Vanishes* (1938), a mystery yarn involving an elderly woman who inexplicably disappears from a moving train. Other highlights include *Rebecca* (1940), the unsettling tale of a newlywed who finds her marriage haunted by the sinister presence of her husband's deceased first wife; *Spellbound* (1945), a feverish thriller entangling a suspected murderer and his psychiatrist; and *Stage Fright* (1950), wherein an actress attempts to exonerate a friend wanted for the murder of his lover's husband. Even more homicidal hijinks emerge with *Dial M for Murder* (1954) with a scoundrel plotting the murder of his wife; *Vertigo* (1958), a disorienting study of terminal obsession; and *Marnie* (1964), a torrid tale of fraudulent identities and repressed memories. Find tickets and more info at www.trylon.org. \$8-\$12. Films screen at Trylon Cinema (3258 Minnehaha Ave. S., Minneapolis), Riverview Theater (3800 42nd Ave. S., Minneapolis), and Heights Theater (3951 Central Ave. NE, Columbia Heights). **Through May 13 —BRAD RICHASON**

ART/GALLERY

HOTTEA

BURNET FINE ART & ADVISORY

HOTTEA is heading to downtown Wayzata for a solo gallery exhibition. The MCAD alum has traveled the world, creating colorful yarn installations in galleries, malls, museums, and parks, interrupting public and private spaces with his impressive feats. Over the years he has worked with such varied institutions as Google, the Sydney Opera House, Artmosphere Biennale in Moscow, *Sesame Street*, the Mall of America, and New York Fashion Week. While his commissioned pieces have been celebrated for their ability to disrupt spaces, he still often returns to his roots as a yarn-bombing street artist. For his show at Burnet, HOTTEA strips things down, using his art as a healing method as he remembers loved ones who have died. There will be an opening reception from 6 to 9 p.m. Friday, March 29. Free. 775 Lake St. E., Wayzata; 952-473-8333. **Through April 14 —SHEILA REGAN**

SATURDAY 3.30

DANCE

BALLET PRELJOCAJ

NORTHROP

Ballet Preljocaj, based in Aix-en-Provence, is one of the most dynamic, arresting, and adventurous ballet companies today. Unforgettable performances have featured interpretations of *Snow White*, risqué costumes by Jean Paul Gaultier, and the U.S. premiere of *One Thousand Years of Peace*, inspired by the apocalyptic visions in the Book of Revelation. The company returns to Northrop this week with *La Fresque (The Painting on the Wall)*, in which dancers navigate the liminal artistic spaces of representation, imagination, and reality. Based on a story by Chinese author Pu Songling, the work includes evocative staging, video, an electronic score, sublime lighting, and the virtuosic physicality, speed, and articulation, for which the dancers are known. 7:30 p.m. \$22-\$47. 84 Church St. SE, Minneapolis; 612-624-2345. **—CAMILLE LEFEVRE**

BARHOPPING

COMMUNITY FOR ALL BREWERY CRAWL

VARIOUS LOCATIONS

This Saturday's sprawling bar crawl benefits local charities—12 of them. The Community for All Brewery Crawl will cover lots of ground, and beer

CONTINUED ON PAGE 22 ►



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A-LIST

Walker Art Center examines
man and machine.



NAM JUNE PAIK, *TELEVISION HAS ATTACKED US FOR A LIFETIME*

CONTINUED FROM SATURDAY ►

styles, in Minneapolis. A free bus will be your chariot, taking you to stops that include Bauhaus, Sociable Cider Werks, Lakes & Legends, 612Brew, and Town Hall. Each participating brewery has selected an organization to support; when you buy a ticket, \$15 goes to the group of your choosing. The list includes great organizations like Make A Wish, Harvest Heartland, Twin Cities Pet Rescue, and TC Pride. Participants will also score four drink tickets (a half pint each), discounts at each stop, MetroTransit passes, and other freebies. Find tickets at citypagestix.com. Noon to 6 p.m. \$40. —JESSICA ARMBRUSTER

ART/MUSEUM

THE BODY ELECTRIC

WALKER ART CENTER

Since Dada, artists have been exploring the intersection of human identity and machine intelligence, the corporeal body and mechanical function. With the singularity seemingly fast approaching, along with the attendant warnings, the Walker Art Center's exhibition "The Body Electric" is timely to be sure. Starting with artists in the 1960s—including Nam June Paik and Charlotte Moorman—who investigated the relationship between the screen (a computerized extension of not only our bodies, but our experience),

the exhibition delves into issues of race, gender, identity, and sexuality in the digital and the analog. Diverse artists—including Bruce Nauman, Cindy Sherman, Joan Jonas, Lynn Hershman Leeson, Laurie Anderson, and Anicka Yi—tackle the biological, sociopolitical, and represented body in an array of media, negotiating the real and virtual divide. The exhibition is included with museum admission. 725 Vineland Place, Minneapolis; 612-375-7600.

Through July 21 —CAMILLE LEFEVRE

SUNDAY 3.31

BIKES

30 DAYS OF BIKING: 2019 MSP KICKOFF PARTY

RED STAG SUPPERCLUB

In 2010, a group of Twin Cities cyclists decided to try to ride their bikes every day for 30 days. The journey was so revelatory that the annual challenge is still going strong, nearly a decade later. Over the years, 30 Days of Biking has grown internationally, with people from all over the world documenting their experiences. Pro athletes have participated, and funds have been raised for charity organizations, both local and worldwide. This April's month of rides kicks off Sunday at the Red Stag. Here folks will be able to take the 30-day pledge, dance to DJ

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TUESDAY

DANCE

AMERICAN BALLET THEATRE

NORTHROP

In 1987, Twyla Tharp Dance performed what was then considered a radical new work at Northrop. "In the Upper Room" was Tharp's comeback piece (she had disbanded her previous company and suffered through devastating reviews of her Broadway musical *Singing in the Rain*), and included some of her veteran movers as well as ballet dancers in the piece. The work was performed in sneakers and in pointe shoes. It was a hit. American Ballet Theatre returns to Northrop with that jubilant, influential work, performed to a score by Philip Glass. Also on the program are the folk-dance inspired "Songs of Bukovina" by ABT artist-in-residence Alexei Ratmansk, and "Other Dances" by Jerome Robbins (both with live piano). It's sure to be a sumptuous and varied program. 7:30 p.m. \$50-\$75. 84 Church St. SE, Minneapolis; 612-624-2345. —**CAMILLE LEFEVRE**



GENE SCHIAVONE

tunes, score this year's spoke card for \$5, have a drink and a snack, and hop on a bike. You can ride on your own during the month, ride with friends, or show up to one of the organized rides, which include trips to bakeries and coffee shops, happy hours, free movie screenings, and more. Find a ride to the kickoff at bit.ly/30kicks, and sign up for the challenge at 30daysofbiking.com. Noon to 4 p.m. Free. 509 First Ave. NE, Minneapolis. —**JESSICA ARMBRUSTER**

COMEDY

BERT KREISCHER

PANTAGES THEATRE

Bert Kreischer is a brash comedian who seems immune to the mellowing effects of age. Unwaveringly committed to a hard-partying persona (which served as the partial inspiration for the 2002 comedy *National Lampoon's Van Wilder*), Kreischer has been chugging beers and bellowing jokes for some 20 years, bounding across the comedy landscape like a perpetual college freshman in search of the next house party. That said, judging from his recent Netflix special, *Bert Kreischer: Secret Time*, the exuberant comic has found a more reflective side in the responsibilities of marriage and fatherhood. Kreischer might still command the stage with bare-chested bravado, but his ruminations on family have sanded some of the edges off his compulsive hedonism. Kreischer remains an irrepressible storyteller with a confessional bawdiness that

is devoid of polite sensibilities. Such immodesty has propelled him into a wide variety of pursuits, most recently *Something's Burning*, an online cooking-themed comedy show, and his popular *BertCast* podcast. 7 p.m. Sunday and Monday; 9:30 p.m. Sunday. \$37.50. 710 Hennepin Ave., Minneapolis; 612-339-7007. **Also Monday** —**BRAD RICHASON**

TALK

INSPIRED: A CONVERSATION WITH MISTY COPELAND

NORTHROP

Is there anything Misty Copeland can't do? The first African-American woman promoted to ballet's highest level of principal dancer at American Ballet Theatre has inspired legions of women—regardless of race or age—to pursue their dreams (whether in ballet or other artistic endeavors). Copeland is also the author of a memoir, *Life in Motion*, that describes with humor and humility her meteoric rise in the ballet world amid numerous hardships as a young girl. She spends much of her time giving back as an ambassador for several organizations that empower youth around the globe. This event benefits Northrop's youth programs. It also features our own superstar artist, curator, and cultural ambassador Robyne Robinson, with a special appearance by former Minnesota Dance Theatre dancer and movie star Lea Thompson. 7:30 p.m. \$20-\$100. 84 Church St. SE, Minneapolis; 612-624-2345. —**CAMILLE LEFEVRE**

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MAY 2-4

Candy Box Dance Festival

12:00PM TO 6:00PM
\$12-\$20

Mathew Janczewski's ARENA DANCES is pleased to present Candy Box Dance Festival. The 3rd annual festival offers a week long array of masterclasses and performances, showcasing both the Twin Cities' emerging and established professional dance artists.

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North American Roots Music Festival

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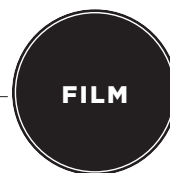
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US

Scary, novel, and just plain fun



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BY TONY LIBERA

When your directorial debut becomes an instant classic, followup expectations can run a little high. Some filmmakers might feel the urge to double down in that position, rehashing concepts or simply making a sequel. But Jordan Peele is too smart and too talented to repeat himself.

Taking the *Twilight Zone* episode “Mirror Image” as inspiration, *Us* focuses on Adelaide (Madison Curry), a young girl who runs into her double in a boardwalk house of mirrors. Years later, the grown-up Adelaide (Lupita Nyong'o) returns to the beachfront with her husband, Gabe Wilson (Winston Duke), and their two children, Jason and Zora (Evan Alex and Shahadi Wright Joseph).

Strange happenings abound before the sun goes down. When the family returns home, four strangers appear at their front door. After they break in and take the Wilsons hostage, we see the attackers for what they are: a family of doppelgängers. It's unclear what the shadow

clan wants, but the razor-sharp golden scissors don't bode well.

Peele leverages more conventional horror tactics here, which makes for a decidedly freakier movie than his first. And yet, as the story unravels and things get truly bonkers, it becomes clear that there's a whole lot more underpinning this movie than its surface scares suggest.

In interviews, Peele has contextualized *Us* as another one of his “social thrillers,” so deeper themes shouldn't be a shocker. However, his thesis—if I'm reading it correctly—is definitely a curveball. While *Get Out*'s point was pretty direct, there's so much symbolism and so many layers to *Us* that its message proves to be anything but straightforward.

To be honest, it's damn near impossible to fully understand this movie after one viewing. Peele is clearly playing with ideas of the Other, of class, privilege, and self-destruction. But how that coalesces into a unified theory is up for debate. That ambiguity may turn off some viewers, but if you can appreciate a slow-burn head-scratcher, *Us* delivers as much intrigue as terror.

US

directed by Jordan Peele
 area theaters, now showing

I'm not convinced everything works, but so much of this movie is downright stunning that *Us* still distinguishes itself from 90 percent of the movies, horror or otherwise, coming out in a given year. The story stands out, but the cinematography also adds incredible texture. The soundtrack, in tandem with Michael Abels' knockout score, maximizes both laughs and scares. Though the Academy rarely recognizes horror movie talent, Nyong'o's double performance is undoubtedly Oscar-worthy.

Us manages to be scary, novel, and just plain fun. *Get Out* is without question the better movie, but that's such a high bar that the comparison, though inevitable, is sort of irrelevant. *Us* is good enough in its own right, and you have to appreciate Peele's willingness to try new things and make movies that are unique. Though it's only his second picture, Peele is well on his way to becoming a master of horror. **A-**

THEATER

THE HOBBIT

Adventure abounds in Middle-earth



DAN NORMAN

BY JAY GABLER

Greg Banks writes in a program note that he hadn't even read *The Hobbit* until he was approached to adapt and direct this play. That may help to explain the production's welcome lack of reverence: This is a *Hobbit* free of Anglophilia, with more concern about how these iconic characters function in the story than with how closely they resemble any previous imagining.

Banks, who's worked magic with several previous CTC creations, has a gift for efficiently establishing tone and relationships, with a winking meta-theatrical style that implicitly invites kids to share the actors' fun. Bilbo may escape with the ring, but by turning a stage into an enchanted kingdom for a couple of hours, we're all getting away with something together.

Dean Holt was born to play Bilbo Baggins, the humble hobbit who's enlisted by the wizard Gandalf (Joy Dolo) and a company of dwarves to serve as "burglar" during their raid on Lonely Mountain, where the dwarves' ancestral treasure is being hoarded by a vile dragon (H. Adam Harris). Holt also serves as storyteller, becoming the viewers' guide and proxy along the company's perilous journey.

Channeling Brando, Reed Sigmund plays Thorin Oakenshield, the exiled dwarf king whose anger and pain blinds him to the needs of others. This *Hobbit* reminds

THE HOBBIT

Children's Theatre Company
2400 Third Ave. S., Minneapolis
612-874-0400; through April 14

you why the book continues on after the dragon's been confronted: Thorin and Bilbo have to reckon with their actions and their responsibilities.

Author J.R.R. Tolkien well understood that the end of a war brings new, more complex challenges; an upcoming biopic will explore the ways in which his WWI experience informed his fantasy writing. Scenic designer Joseph Stanley evokes this association with a set of skewed girders, and Annie Cady's costumes suggest early 20th-century expeditioners.

Becca Hart (making her welcome and wonderful CTC debut) rounds out the ensemble of five, unless you also count the front-row audience members who are sometimes described as the rest of the 13 dwarves. Only Holt sticks to a single character, but the production is so well-choreographed there's rarely a moment of confusion as the actors cycle rapidly among the heroes and villains who populate this epic adventure.

If there's a spot where the show drifts too far afield, it's in the realm of music. Thomas Johnson's songs are unnecessary at best, distractingly cheesy at worst. Among all the kingdoms of Middle-earth, the realm of Leonard Nimoy's "Ballad of Bilbo Baggins" is one we could have skipped. **G**

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Tyler Michaels-King Photo by Allen Weeks

HEDWIG AND THE ANGRY INCH

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DEM ATLAS

26, MUSICIAN

What are you wearing?

Custom painted jacket by a local artist, Converse sneakers, shirt from H&M, jeans and hoodie from Buffalo Exchange, and my bottom grill.

Describe your style:

DIY, grunge, "IDGAF."

What pieces are you planning on purchasing for this spring season?

More black everything.

Who are your style inspirations?

Kurt Cobain, Jimi Hendrix, and Jim Morrison.

If your style were a song what would it be?

"Frances Farmer Will Have Her Revenge on Seattle" by Nirvana.



FRANCISCO RUBIO

20, MUSICIAN

What are you wearing?

My patches are custom made from records, shoes are Nike Air Forces, everything else is thrifted.

Describe your style:

Inspired by my favorite musicians in hip-hop and punk metal.

What's your process for choosing an outfit?

My whole closet is black, so it all works together, so I kind of choose whatever.

If you could exchange wardrobes with anyone, who would it be?

Bloody Osiris.



SPENCER JOLES

23, MUSICIAN

What are you wearing?

ASOS button-down, high-top Vans, Dickies overalls, thrifted black Sherpa, stolen glasses.

Describe your style:

Bummy but beautiful.

If you could exchange wardrobes with anyone, who would it be?

Tierra Whack.

What pieces are you planning on purchasing for this spring season?

Color-coordinated suits.

If your style were a song, what would it be?

"Big Yellow Taxi" by Counting Crows.



JAKOB MCCABE-JOHNSTON

21, BARTENDER

What are you wearing?

My mother's satin jacket, work shoes, Dickies black pants, vintage T-shirt, Muddy Waters hat, Epimonia refugee lifejacket wrist band, my bar towel.

If you could exchange wardrobes with anyone, who would it be?

My girlfriend, Sedona Quam.

What pieces are you planning on purchasing for this spring season?

More crop tops.

If your style were a song, what would it be?

That country song by Lil Tracy. I think it's called "Like a Farmer."



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WILSON WEBB

BY ERICA RIVERA

Happiness gets a bad rap. Especially in music.

But for Mark Mallman, upbeat tunes were a lifesaver. After a freak panic attack that wouldn't quit, he amassed a playlist of uplifting tunes like Bob Marley's "One Love," Whitney Houston's "I Wanna Dance with Somebody," and the White Stripes' "We're Going to Be Friends." The effects the songs had on him, and how he emerged from this anxious mood, are beautifully detailed in *The Happiness Playlist*, his new memoir from Twin Cities publisher Think Piece Publishing.

Mallman also gives readers a peek into insightful conversations with fellow artists about the healing and hurtful repercussions of music, playful repartee with a girlfriend-turned-BFF, and an endearing relationship with his father that revolves, in part, around a Crock-

Pot. The book is steeped in local culture and starving-artist life.

Throughout the narrative, however, there is a palpable grief surrounding the death of his mother, Lila, in 2013, though Mallman circles around the details of that event in person and on the page. "My mom was a fighter," he says. "She survived depression for 68 years. She didn't lose her life to depression. She fought. I don't wrestle with that. I witnessed it. I witnessed an outside pain but I still don't understand the inside struggle. And my heart goes out to people who struggle with it."

GET HAPPY!

Mark Mallman experiments with mood-altering music in his book *The Happiness Playlist*

Mallman doesn't believe there was a direct cause-and-effect relationship between his mother's death and his own mental health struggles a year and a half later, though he does admit, "I lost my mind when my mom died. I lost my relationship with reality. I feel like my DNA changed."

Which is why he created a playlist to alter his mood, saying goodbye to some of his favorite acts, like Nine Inch Nails, Patti Smith, and Joy Division. This self-administered music therapy wasn't his only coping strategy, however. In the same way he diversifies his income as a

full-time musician—by scoring a movie trailer, playing a gig, DJing—he diversified his coping strategies, too. Therapy, square breathing, exercise, and eliminating sugar and caffeine have all been helpful. He also leans on faith. "When a person dies, I believe they go to the afterlife and we go to the after-death," he explains. "The after-death is a place that we deny as a culture, but it's a place of grieving."

Writing turned out to be restorative, too, if unintentionally. *The Happiness Playlist* took eight drafts and two years to complete, and Mallman was intentional throughout about both his tone and objective. "People who are going through shit...need light," he says. "It's not a heavy book. It's a light book about a few heavy topics. But it's also about music as a path to joy."

This approach mirrors how he's made music since around 2001, when he decided he would not write songs while depressed.

MUSIC

"I realized that scary music was kind of killing me," he says. Playing those songs again and again had taken their toll, and he felt karmically responsible for what he was putting out into the audience. When touring, he only had an hour a day to actually play music onstage—and he wanted that hour to be the best part of his day. So he stopped creating from his "woe is me" moments. "I don't want to walk with my demons," he says. "If someone hurts my feelings, I work through that outside of songs."

With *The Happiness Playlist*, Mallman proposes a new use for music, one beyond that of a soundtrack for driving, ambiance at a dinner party, or a way for teens to annoy parents. "What I've learned about music is that there's a power in its frivolousness, and that empowers me to do some of the harder things in my day," he says.

That doesn't mean sad music can't sometimes seduce him. Toward the end of the book, there's a scene where Mallman hears Phoebe Bridgers' "Smoke Signals," a gorgeous downer if there ever was one,

and the songwriter in him can't turn it off. It made him wonder if the happiness playlist was "permitting joy or prohibiting emotion." Though the playlist taught him that he could feel good again, his conscience questioned whether he was denying himself a full range of feelings. Now he understands it as: "There's a place beyond happiness.... It's a meditative spot."

It's the spot he seems to be in now, wild-haired and wearing bright pink-framed glasses as we discuss *The Happiness Playlist* at Mia. After the interview, he plans to check out a Van Gogh before heading to the gym. He hopes his quest for good vibes will spread with the release of the book and its accompanying Spotify playlist.

"When you feel good, that joy manifests and you create tangible positivity," he says. He's currently channeling that energy into a podcast and a new funk album, one of the only styles of music he says can be both in the minor key and happy at the same time. "People want to be happy right now," he says. "There's a zeitgeist of happiness. We need it." **CP**

MARK MALLMAN

Reading from
The Happiness Playlist
SubText Books, St. Paul
7 p.m.
Wednesday, April 3

CRITICS' PICKS

WADADA LEO SMITH

WALKER ART CENTER, SATURDAY 3.30
Jazz trumpeter Wadada Leo Smith, revered as a visionary composer, will present his expansive six-movement suite, *America's National Parks*, with his Golden Quintet and guest drummer Andrew Cyrille. Smith explores parks both actual (Yellowstone) and conceptual (New Orleans as cultural fulcrum) in their socio-political contexts rather than indulging in sweeping romanticism. His spacious, sculptural pieces—deeply contemplative, sometimes stark or turbulent, etched with free jazz, classical composition, and blues splashes—are inspired avant-garde evocations of a nation's treasures. 8 p.m. \$24-\$30. 725 Vineland Pl., Minneapolis; 612-375-7600. —**RICK MASON**

BOB MOULD

PALACE THEATRE, SATURDAY 3.30;
WTURF CLUB, SUNDAY 3.31
Although Bob Mould will be showcasing a smart new album, the bigger deal is that these gigs exactly mark Mould's 40th anniversary on stage. Memories of 1979 and appreciation for Hüsker Dü should be thick as Mould's current trio presents *Sunshine Rock*, an album of fast, fierce rock, potent melodies, and

philosophical musings on life's regrets ultimately eclipsed by sparkling optimism. The Palace show's special bonus will be an opening set by Greg Norton's current band, Porcupine. *Palace*: 8.30 p.m. \$30-\$50. 17 W. Seventh Pl., St. Paul; 612-338-8388. *Turf*: 21+. 7:30 p.m. \$30. 1601 University Ave., St. Paul; 651-647-0486. —**RICK MASON**

MOTT THE HOOPLE '74

FIRST AVENUE, TUESDAY 4.2
Mott The Hoople flirted with the charts while securing a strong cult status, but the band remains underappreciated despite its innovative elixir of hard rock, glam, roots, attitude, and humor, and its deep influence on punk, pop, and rock. The band's first U.S. tour in 45 years is billed as Mott '74, featuring that year's core surviving members: Ian Hunter, Ariel Bender, and Morgan Fisher. Maybe it's a notch off the Mick Ralphs lineup that issued the Bowie-produced masterpiece *All the Young Dudes*, but '74 did come up with classics "The Golden Age of Rock 'n' Roll" and "Roll Away the Stone." Reviews of the band's 2018 U.K. shows were ecstatic. The Suburbs open. 18+. 7 p.m. \$50. 701 First Ave. N., Minneapolis; 612-338-8388. —**RICK MASON**



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SimpleMachines
FRIDAY MARCH 29
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Snaxx 9:30PM
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CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
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65						66				67			

REPEAT STEP TWO

BY BRENDAN EMMETT QUIGLEY

Across

- 1Ed who had a voice in “Up”
- 6Bunny guy
- 9Killer whale
- 13Real S.O.B.
- 14Pleading question said while pulling on Mom’s sleeve
- 15“The Fantastic ____”
- 16Protestant movement
- 19Guitarist Metheny
- 20West of black and white movies
- 21No. in a business email footer
- 22Gagging, e.g.
- 29Famed reference: Abbr.
- 30Girl in a Duran Duran hit who “dances on the sand”
- 31Man cave invitee
- 32Don ____ (womanizer)
- 34Zesty kick
- 36On one’s guard
- 372012 NFL controversy
- 40Honey Bunches of ____
- 41Alamo rival
- 42____ out (makes less stuffy, as a room)
- 43Year of Spanish 101
- 44Man on a mission?
- 45Useful 21 card
- 46Label started by Frank Sinatra
- 52“Lord of the Rings” battle extra
- 53Thanksgiving side dish
- 54“I gave at the office,” e.g.
- 56Syllabus content
- 62Rapper who produced the documentary “Some-thing From Nothing: The Art of Rap”

Down

- 63Odd’s opposite
- 64Summer tunes?
- 65Rockers Depeche ____
- 66Fighting chance?
- 67Stakes in a pot
- 1Org. with a “Pill Identifier” section on its website
- 2Give a crew cut
- 3Actor Nick of “Warrior”
- 4Giant Manning
- 5Gas station abbr.
- 6’80s action film actor Rutger
- 7Some dash lengths
- 8Aries, Leo, or Sagittarius, e.g.
- 9“‘I’m ____ the store, can I get you anything?”
- 10“Winnie-the-Pooh” marsupial
- 11Biting dog
- 12Tank top’s lack
- 14Say “go on, go on”
- 17Did an on-line chat
- 18Comic-Con show
- 23Stable kids
- 24Actress Dunham of TV’s “Girls”
- 25Sea eagles
- 26LeBron James or Kevin Durant, briefly
- 27Catches a wave
- 28Häagen-Dazs competitor
- 32Astrologer Dixon
- 33At the highest point
- 34“If I Were a Rich Man” singer in “Fiddler on the Roof”

“What ____ saying?”

- “Duh”
- More perverse
- Sound heard after scoring a touchdown
- Cork alternative on some wine bottles
- “Soft” Tex-Mex snack
- “Your wish is its command” Apple program
- Of-used mail order company by Wile E. Coyote
- Way to go?
- Golf “Cup”
- Make a living
- Has beens, probably
- “____ you asked ...”
- They might get bruised by the paparazzi
- Glass edge
- Green pref.
- “That’s how it’s done” mathematically
- Actress Amurri
- Abbr. on a Crest box
- Loud noise

Last Week’s Answer

	B	J			G	L	O	B			E	M	A	J	
	S	L	U	G		M	I	X	U	P		M	O	D	E
	D	Y	N	E		A	R	E	N	A		M	O	A	N
			I	N	S	T	A	N	T	P	H	A	R	M	A
E	M	O	T	E				S	E	E	S				
G	A	R		A	J	A	X		R	I	T	U	A	L	
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S	T	R	O	P	H	E	O	F	G	E	N	I	U	S	
A	H	O	R	A		E	S	A	I		E	L	L	E	
C	A	M	E	R	A		A	R	N	E		I	T	T	
			S	C	T	V				R	A	T	S	O	
M	O	R	P	H	A	N	D	M	I	N	D				
O	R	E	O		R	E	E	L	S		I	M	O	K	
S	C	A	T		I	C	A	L	L		A	A	R	P	
T	A	P	S			K	N	E	E		N	T	H		

331club

wed : march 27

last wednesday bent paddle infusion keg tapped at noon!

7pm : kfai house party presents harrison street

9:30pm : lenz & frenz

(certain members of pert near sandstone, farmhouse band, san souei quartet, row of ducks)

thu : march 28

9:30pm : the boot r&b, annie and the bang bang, the customers

fri : march 29

5-7pm : 331 club anniversary happy hour with whiskey rock ‘n’ roll club

7pm : laura and sean’s movie and music trivia

10pm : andrew kneeland, rosetta rosetta (solo show)

sat : march 30

7pm : 331club and friends celebrate the life of tucker jensen

with dirt train, lena elizabeth, joe kopel, no tent, laura hugo

sun : april 1

3-5pm : ray barnard

8pm : trivia mafia

mon : april 2

8pm : the roe family singers

10pm : doug otto and friends

tue : april 3

7-9pm : t.e.e. tuesday early evening tba

9:30pm : 331 club and fair state brewing cooperative present april conspiracy series

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FREE WILL ASTROLOGY

>> By Rob Brezsný

♈ ARIES (March 21-April 19): Kermit the Frog from Sesame Street is the world’s most famous puppet. He has recorded songs, starred in films and TV shows, and written an autobiography. His image has appeared on postage stamps and he has a star on the Hollywood Walk of Fame. Kermit’s beginnings were humble, however. When his creator, Jim Henson, first assembled him, he consisted of Henson’s mom’s green coat and two halves of a white ping pong ball. I mention this, Aries, because the current astrological omens suggest that you, too, could make a puppet that will one day have great influence. **APRIL FOOL!** I half-lied. Here’s the whole truth: Now isn’t a favorable time to start work on a magnificent puppet. But it is a perfect moment to launch the rough beginnings of a project that’s well-suited for your unique talents.

♉ TAURUS (April 20-May 20): Taurus businessman Chuck Feeney made a huge fortune as the entrepreneur who co-developed duty-free shopping. But at age 87, he lives frugally, having given away \$8 billion to philanthropic causes. He doesn’t even own a house or car. In accordance with astrological omens, I invite you to follow his lead in the coming weeks. Be unreasonably generous and exorbitantly helpful. **APRIL FOOL!** I exaggerated a bit. While it’s true that now is an extra favorable time to bestow blessings on everyone, you shouldn’t go overboard. Make sure your giving is artful, not careless or compulsive.

♊ GEMINI (May 21-June 20): Now is a perfect time to start learning the Inuktitut language spoken by the indigenous people of Eastern Canada. Here are some key phrases to get you underway. 1. *UllusiuKattagit inosik*: Celebrate your life! 2. *Pitsialagigavit, pigagutivagait*: Because you’re doing amazing things, I’m proud of you! 3. *Nelligjavuutit*: You are loved! 4. *Kajustsatuinnagit*: Keep it up! **APRIL FOOL!** I lied. Now isn’t really a better time than any other to learn the Inuktitut language. But it is an important time to talk to yourself using phrases like those I mentioned. You need to be extra kind and super positive toward yourself.

♊ CANCER (June 21-July 22): When he was 20 years old, Greek military leader Alexander the Great began to conquer the world. By age 30, he ruled the vast territory between Greece and northwest India. Never shy about extolling his own glory, he named 70 cities after himself. I offer his example as a model for you. Now is a favorable time to name clouds after yourself, as well as groves of trees, stretches of highway, buses, fire hydrants, parking spaces, and rocks. **APRIL FOOL!** I got a bit carried away. It’s true that now is a good time to assert your authority, extend your clout, and put your unique stamp on every situation. But I don’t recommend that you name entire cities after yourself.

♊ LEO (July 23-Aug. 22): Now is an excellent time to join an exotic religion. How about the Church of the Flying Spaghetti Monster, which believes that true spiritual devotion requires an appreciation of satire? Or how about Discordianism, which worships the goddess of chaos and disorder? Then there’s the United Church of Bacon, whose members exult in the flavor of their favorite food. (Here’s a list of more: tinyurl.com/WeirdReligions.) **APRIL FOOL!** I wasn’t entirely truthful. It’s accurate to say that now is a great time to reinvigorate and transform your spiritual practice. But it’s better if you figure that out by yourself. There’s no need to get your ideas from a bizarre cult.

♊ VIRGO (Aug. 23-Sept. 22): Studies show that people who love grilled cheese sandwiches engage in more sexual escapades than those who don’t gorge on grilled cheese sandwiches. So I advise you to eat a lot of grilled cheese sandwiches, because then you will have more sex than usual. And that’s important, because you are now in a phase when you will reap huge healing benefits from having as much sex as possible. **APRIL FOOL!** I lied when I implied that eating more grilled cheese sandwiches would motivate you to have more sex. But I wasn’t lying when I said that you should have more sex than usual. And I wasn’t lying when I said you will reap huge benefits from having as much sex as possible. (P.S. If you don’t have a partner, have sex with your fantasies or yourself.)

♊ LIBRA (Sept. 23-Oct. 22): If you ever spend time at the McMurdo Station in Antarctica, you’ll get a chance to become a member of the 300 Club. To be eligible, you wait till the temperature outside drops to minus 100 degrees Fahrenheit. When it does, you spend 20 minutes in a sauna heated to 200 degrees. Then you exit into the snow and ice wearing nothing but white rubber boots, and run a few hundred feet to a ceremonial pole and back. In so doing, you expose your naked body to a swing of 300 degrees. According to my astrological analysis, now is an ideal time to pull off this feat. **APRIL FOOL!** I lied. I’m not really urging you to join the 300 Club. On the other hand, I do think it’s a favorable phase to go to extremes for an authentically good cause.

♊ SCORPIO (Oct. 23-Nov. 21): Scientific research shows that if you arrange to get bitten by thousands of mosquitoes in a relatively short time, you make yourself immune. Forever after, mosquito bites won’t itch you. Now would be an excellent time for you to launch such a project. **APRIL FOOL!** I lied. I don’t really think you should do that. On the contrary. You should scrupulously avoid irritations and aggravations, especially little ones. Instead, immerse yourself in comfort and ease. Be as free from vexation as you have ever been!

♊ SAGITTARIUS (Nov. 22-Dec. 21): If allowed to do what comes naturally, two rabbits and their immediate descendants will produce 1,300 new rabbits in 12 months’ time. In five years, their offspring would amount to 84 million. I suspect that you will approach this level of fertility in the next four weeks, at least in a metaphorical sense. **APRIL FOOL!** I stretched the truth a bit. There’s no way you will produce more than a hundred good new ideas and productions and gifts. At the most, you’ll generate a mere 50.

♊ CAPRICORN (Dec. 22-Jan. 19): The weather is warm year-round and the crime rate is low on Pitcairn, a remote South Pacific island that is a 30-hour boat ride away from the nearest airport. The population has been dwindling in recent years, however, which is why the government offers foreigners free land if they choose to relocate. You might want to consider taking advantage of this opportunity. **APRIL FOOL!** I was exaggerating. It’s true that you could get major health benefits by taking a sabbatical from civilization. But there’s no need to be so drastic about it.

♊ AQUARIUS (Jan. 20-Feb. 18): You don’t have to run faster than the bear that’s chasing you. You just have to run faster than the slowest person the bear is chasing. OK? So don’t worry! **APRIL FOOL!** What I just said wasn’t your real horoscope. I hope you know me well enough to understand that I would NEVER advise you to save your own ass by betraying or sacrificing someone else. It’s also important to note that the bear I mentioned is entirely metaphorical in nature. So please ignore what I said earlier. However, I do want you to know that there are effective ways to elude the symbolic bear that are also honorable. To discover them, meditate on calming down the beastly bear-like qualities in yourself.

♊ PISCES (Feb. 19-March 20): Now is a favorable time to disguise yourself as a bland nerd with no vivid qualities, or a shy wallflower with no strong opinions, or a polite wimp who prefers to avoid adventure. Please don’t even consider doing anything that’s too interesting or controversial. **APRIL FOOL!** I lied. The truth is, I hope you’ll do the opposite of what I suggested. I think it’s time to express your deep authentic self with aggressive clarity. Be brave and candid and enterprising.

freewillastrology.com

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Savage Love

How to handle the unrelentingly apologetic partner



Dan Savage

Savage Love Live recently performed to a sold-out crowd at Revolution Hall in Portland, Oregon. I wasn't able to get to all of the audience-submitted questions, so I'm going to power through as many as I can in this week's column.

How do you handle it if your partner constantly apologizes during sex? "Sorry, sorry, sorry..."

With sensitivity, tact, and compassion—and if none of that shit works, try duct tape.

Should I continue to have casual sex with someone I'm in love with?

If it's casual for them and not casual for you, and they've made it clear it will never be anything other than casual for them, you're going to get hurt—which I suspect you know. Now, if you think the pain of going without sex with them will be greater than the pain you'll feel when they inevitably meet someone else and move on, by all means keep fucking them. (Spoiler: The pain of the latter > the pain of the former.)

Best tricks for a quick female orgasm & how to keep yourself from overthinking it?

My female friends swear by a little legal weed, where available (or a little illegal weed, where necessary), and a nice, big, powerful vibrator.

My five-year relationship ended abruptly. Is there a time frame for getting over it?

Studies vary. Some have found it takes the average person 11 weeks, some have found it takes half the length of the relationship itself, some have found it takes longer if it was a marriage that ended. But don't wait until you're completely over it to get out there—because getting out there can help you get over it.

Besides a fiber-rich diet, what are your tips for a newbie to anal play? Size is a BIG factor and it's creating a HUGE mental block whenever anything goes near my hole.

Start small—e.g., lubed-up fingers and small toys. And don't graduate from tongues/fingers/toys to someone's big ol' dick in a single session. Start small and stay small until your hole's dread at the thought of taking something HUGE is replaced by a sincerely held, quasi-religious belief in the absolute necessity of taking something huge.

What is the formula for getting comfortable farting in front of a partner?

Same as comedy: tragedy + time.

In the era of online dating, how do you navigate the people who think the grass will always be greener and have difficulty committing to truly building a relationship?

The expression "the grass is always greener on the other side of the fence" has its roots in a Latin proverb first translated into English in 1545—which means the sentiment predates dating apps by, oh, roughly half a millennium. But the "paradox of choice" has certainly complicated modern dating. But too many options beats too few, in my opinion, and it certainly beats no options at all—e.g., deserted islands, compulsory heterosexuality, unhappy arranged marriages, etc.

Any advice for a 22-year-old woman who meets only sad boys who need a mom?

Okay, if you're meeting only one type of person or all the people you're meeting have a certain character flaw, either you're seeking that type of person out, or you're projecting your own shit onto that person. This is a case where the best people to ask for a gut/reality check are your actual friends, not your friendly sex-advice columnist.

Savage Love Live is coming to Minneapolis (with Stormy Daniels!). For more info and tickets, go to savagelovecast.com/events.

mail@savagelove.net

Follow Dan on Twitter: @fakedansavage
savagelovecast.com

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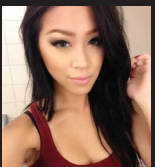
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